



Strength

In the Garden – Luke 22:39-46

Remember the background to this story:

- ☞ The plot to kill Jesus was underway.
- ☞ Jesus knew about it (even Judas' betrayal)!
- ☞ His closest friends are arguing over which of them is best!

How would you have been feeling if you were one of the disciples?

How would you have been feeling if you were Jesus?

Understanding Jesus' Prayer

Luke describes Jesus as sweating blood. This might refer to the medical condition called *hematidrosis* where extreme stress causes skin capillaries to burst and leak blood into sweat glands. What do you think of all that?

Jesus told his followers to pray so they wouldn't fall to temptation. What kind of temptation do you think Jesus was talking about? What insight does **Luke 22:31-34** give you about it?

One of the hardest things to understand about Jesus is that he is somehow both fully God and fully human. We see his divinity in his miracles, his teaching, and mostly his resurrection, but here in the garden, we get a picture of his humanity as he says to the Father, "Not my will, but yours be done." What does all that teach you about Jesus?

What does it mean to you that the Father sent an angel to strengthen Jesus?

What does it mean to you that the disciples had fallen asleep?

The contrast between Jesus and his followers is stark. He was facing the greater anguish, but he turned to prayer and received strength. They did not pray, and they fell to sleep and later to the temptation of lost faith.

Take it Home

How much of a difference does prayer make?

What lesson about your own prayer life can you take from this passage?



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